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CALGARY • MONDAY, AUGUST 24, 2009

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WorldSkills ceremony tickets up for grabs

COMPETITION A limited number of tickets are available for the opening ceremony of the 40th WorldSkills Competition, held in Calgary starting on Sept. 1.

The city will welcome 900 competitors, 1,000 delegates, experts and government officials, sponsors and local students and families.

The opening ceremony is a landmark for WorldSkills Calgary 2009 because it will be the first time in WorldSkills International's 59-year history that an aboriginal speaker will welcome the audience to traditional First Nations lands.

The opening ceremony runs from 6 to 9 p.m. at the Grandstand at Stampede Park.

Tickets can be found at worldskills2009.com.

METRO CALGARY

Sports pg 16

Dementieva
victorious in
Rogers final

Workology pg 18



For the love of
wild weather

Celebrity Buzz pg 22



Miley, co-star
getting cosy

ShareYourViews

calgaryletters@metronews.ca

Nova Scotia Hurricane's bark worse than bite



Two women shield themselves from the rain after checking out the waves at Conrad Beach in Lawrencetown, N.S., yesterday. Hurricane Bill brought rain and wind to Nova Scotia but left without causing any significant damage. Story, page 6.

Fugitive found dead in motel

Calgary native appears to have killed himself: RCMP

KRISTEN THOMPSON
Metro Canada

Ryan Jenkins, a Canadian man wanted for the murder and dismemberment of his model ex-wife in Los Angeles, has been found dead in a motel room in Hope, B.C.

Police say staff found Jenkins yesterday afternoon, and that it appears he committed suicide. According to the California district attorney's office, he was found hanging in a room at the Thunderbird Motel.

"We'll carry on with the investigation into the circumstances of his death and ... how he came to be in that motel room," RCMP Sgt. Duncan Pound said at a press

conference in Surrey last night. "We're still liaising with the U.S. authorities.

We made them aware of the circumstances and notification of kin has been completed."

Pound said it's too early to say how long Jenkins had been at the motel.

"Our main focus has always been to ensure public safety, and we thought it was important to tell the Canadian public that he's been confirmed deceased."

Police had held a press conference earlier in the afternoon to confirm that



Ryan Jenkins



Jasmine Fiore

Jenkins, 32, a wealthy Calgary native, crossed the U.S.-Canada border

some time after Jasmine Fiore's remains were found in a dumpster.

At the time, Pound said he couldn't comment on how police knew he was in Canada, but urged Jenkins, if he was watching the news, to turn himself in.

"If (he) is watching this media coverage, we hope that he does see that our goal is to bring him safely into custody and he should not fear for his safety," Duncan said.

A homeless man found

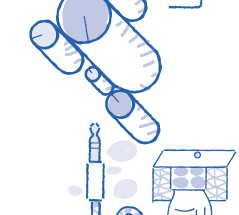
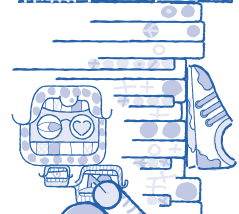
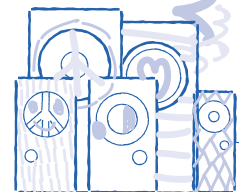
Claim to fame

- Ryan Jenkins became a minor celebrity as a contestant on the VH1 reality show *Megan Wants a Millionaire*.

Fiore's naked body stuffed in a suitcase in a dumpster on Aug. 15 — a day after Jenkins reported her missing.

Her teeth and fingers had been removed and investigators identified her by tracing the serial number on her breast implants.

On Aug. 20, police found Jenkins' boat in Point Roberts, Wash., leading authorities to believe he walked across the border into Tsawwassen.



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Truck collision lands four in hospital

Four people were taken to hospital as a precautionary measure after two pickup trucks collided near Picture Butte. Police said a northbound pickup truck crossed the centre line, colliding with a south bound pickup. **METRO CALGARY**

3

Local



So you think you can pirouette?

The Moscow Ballet is looking for ballet dancers in Calgary between the ages of seven and 15 to audition for parts in the show *Cinderella*. Auditions will be held Aug. 30 at the Ballet Classique Methusela from 1 to 3 p.m. *Cinderella* will be showcased in Edmonton Nov. 16 and 17 at the Northern Alberta Jubilee Auditorium. For more information call (403) 245-4346.

METRO CALGARY

**Ramadan gets underway**

CALGARY EVENT For local Muslims, Ramadan started Aug. 22 and goes until Sept. 20.

Muslim culture dictates that getting together with family, sharing a meal and connecting with each other occur at the completion of Ramadan with Eid-al-Fitr. In Calgary, Eid-al-Fitr will occur at the Roundup Centre on Sept. 20.

METRO CALGARY

Memorial Drive Flow-ed

SHAWN LOGAN
for Metro Calgary

Sun-loving Calgarians took back the street yesterday amid complaints that a festival that bottlenecked Memorial Drive shouldn't have included a partial road closure.

Thousands of people flocked to the first Bow River Flow, an event that included a controversial closure of half the busy east-west artery between 10 Street and 3 Street N.W.

Nancy Chisnall and Barbara Tate both live near Memorial Drive and questioned organizers about the need to shut down the thoroughfare when most festival goers stuck to the pathway where the majority of stalls and events were held.

"My biggest concern is how a group of people and the area alderman can organize an event like this without engaging the residents who will be the most affected," said Tate, noting numerous vehicles were shortcutting through nearby Sunnyside to avoid traf-



Serena O'Conner-McGeough, 11, with her dog Bella do some street painting with their feet and paws on Memorial Drive as part of the Bow River Flow festival.

fic tie-ups on Memorial. Chisnall added the idea has potential but the event should have been limited to the pathway or the near-

by community and left the busy road open for traffic. "Nobody's on the road and everybody's on the pathway so why did we have to shut down Memorial?" she asked.

Despite a noticeable lack of pedestrians on the closed portion of Memorial Drive, organizer Gerald Wheatley said he was happy to see such a large turnout and took issue with the notion that no one was taking advantage of the open street.

"It was essential to shut down Memorial Drive because we're seeing thousands of people here supporting alternate forms of transportation," he said.

Area Ald. Druh Farrell dismissed the notion that with the majority of people sticking to the pathway, the closure of Memorial was unnecessary.

"People are using both (the road and pathway) and this is only the first year and festivals like this grow exponentially," she said.

Zero to 100 km/h in four seconds flat

RACE With 10 months of work behind them, University of Calgary students were prepared yesterday to race their open style Formula 1 race cars in the third annual Western Canadian Shootout against three other schools.

Teams have previously always raced in Edmonton, but the location this year changed to Race City Mo-

torsport Park.

"This year we decided to have it down here so we can have a full weekend event," said Searfina Devji, project leader.

Teams from Edmonton, Saskatchewan and Manitoba competed in four different events: auto cross, endurance, acceleration and skid pad, which is a giant figure-eight course, strictly

for bragging rights. The U of C's car can go from zero to 100 kilometres per hour in four seconds and has a top speed of 178 km/h.

"It's pretty crazy. You're an inch off the ground, so everything comes at you pretty quickly," said driver Chris Sun.

Sun is on the team for the fifth year and said it's the chance to apply what

he learns in class that keeps him coming back.

"You learn things you would never learn in university like project management, dealing with other people and timelines," said Sun.

Next up for the U of C team is the Canadian Auto Slalom Championships Sept. 4 to 6.

AMY GREGSON/
FOR METRO CALGARY

Calgary in brief

FUGITIVE A man wanted on a Canada-wide warrant for attempt murder was located in Calgary Friday. The Alberta Fugitive Apprehension Team and Calgary police arrested Cory Kyle Langille, 22, without incident. Langille has been arrested on two counts of attempted murder and aggravated assault after a 2008 incident in Bridgewater, N.S.

SEIZURE RCMP have charged a person after a drug seizure occurred at the Calgary International Airport on Aug. 19. A man was en route from London Heathrow Airport on an Air Canada flight and was referred to Canada Border Service Agency for a secondary search. In two separate suitcases, 26 kilograms of Khat was found. RCMP have charged and arrested Sean Patrick Joseph Morgan, 29, with possession of a controlled substance for the purpose of trafficking.

TRAFFIC People heading to the new mega-mall Cross Iron Mills on the weekend experienced a heavy flow of traffic on the QEII en route into the mall. RCMP said it's best to plan ahead and to take alternative routes from the east and west of the city. RCMP officers will continue to direct traffic for the next few days.

CHARGES A Lethbridge man has been charged with possession of child pornography after a memory stick was found at the University of Lethbridge containing personal information and images of child pornography. Patrick Bryan Ryckman, 26, a former student of the university has been charged.

METRO CALGARY

metronews.ca

What's online today.

Video Nova Scotians ignore police warnings to witness hurricane Bill swells at metronews.ca/canada

Immigration Guidy Mammann on how refusal for permanent residence can have unexpected consequences at metronews.ca/immigration

Lotteries

Friday, Aug. 21

Super 7: 05, 18, 22, 28, 32, 34 & 40 Bonus 42

Saturday, Aug. 22

Lotto 6/49: 15, 19, 23, 38, 43 & 49 Bonus 33

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The city ratified the new contract with 9-1-1 dispatchers that was approved by the union members late last week. It's a two-year deal retroactive to January. **METRO CALGARY**

Murderer welcome to attend Mount Royal

Student association president believes convicted woman should be allowed at school

SHAWN LOGAN
for Metro Calgary



parole in time to attend Mount Royal College this fall, says the student association president.

A convicted murderer and torturer should be treated the same as any other student if she is granted

The National Parole Board will soon hold a hearing for Yvonne Johnson, currently on day pa-

role and seeking full parole for her part in the rape, torture and slaying of Leonard (Chuck) Skwarok in a basement in Wetaskiwin, Alta., in 1989.

According to the Canadian Press, the 47-year-old,

who was convicted of first-degree murder, has been accepted as a student for the fall semester of Mount Royal College and is aiming to get an early release from her 25-year sentence under the Criminal Code of

Canada's faint hope clause.

But student association president Travis McIntosh said he has no concerns if a rehabilitated Johnson wants to join the student body.

"I applaud her going

back to school after so many years," he said.

"There are a number of people that have visible and invisible things in their past and her case, her life has been very transparent."

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U of C gets boost from RIM

FUNDING The University of Calgary has received more than \$300,000 in funding from Research In Motion, makers of the BlackBerry, to explore advancements in wireless technologies, such as GPS, and mobile devices.

The research program is trying to enhance how GPS works under a variety of both indoor and outdoor locations such as city streets and inside commercial buildings and malls.

The \$1.3-million project is also a collaboration between Alberta Advanced Education and Technology, the Natural Sciences and Engineering Research Council of Canada.

Canada is the world's second largest exporter of global navigation satellite systems.

METRO CALGARY

Project lets urban artists make murals

ARTISTS Starting this past weekend, Calgary urban artists will have the chance to show off their skills and give Shaw Millennium Park a facelift as part of a City of Calgary pilot project.

The city will give youth authorization to paint urban art murals on the Landmark building until Nov. 22.

Anything outside of this area will be considered vandalism.

Calgary graffiti artist The Kid Belo will help guide artists and also ensure the work is appropriate.

After a peer review process, the best work will be allowed to stay.

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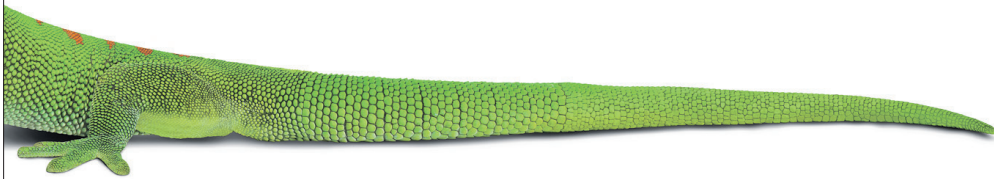
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A massive pot bust in Charlevoix, Que., netted police a regional record haul of marijuana, sources reported. Quebec provincial police discovered 3,100 marijuana plants on Saturday in a wooded area some 150 kilometres northeast of Quebec City. **METRO NEWS SERVICES**

Canada



State of emergency lifted

The state of emergency has been lifted in a Toronto suburb that was hit hard by a series of tornadoes on Thursday that damaged about 600 homes, CBC News Online reports. The twisters rendered unlivable about 44 of the homes in Vaughan, north of Toronto. Those homes will have to be demolished. Mayor Linda Jackson said police and fire services will remain in the affected areas until this morning. **METRO NEWS SERVICES**

News in brief

AIRPORT TUNNEL The Toronto Port Authority is moving ahead with plans to build a pedestrian tunnel under the lake to the island airport. Hoping to tap into government stimulus cash it has requested for the \$38-million project, the Port Authority is issuing a formal request for proposals today to conduct an environmental assessment, the first step to any major construction project. **TORSTAR NEWS SERVICE**

SUPERMARKET Chicken dung was used to keep people — described by area merchants as homeless and drug addicts — from camping outside a Surrey, B.C. building. A worker at Kim Thanh supermarket, who asked not to be named, said the dung was used in a lot across the street from his market earlier this month. The smelly mix was placed by city trucks along the walls to get people to move. **METRO CANADA**

Vancouver Beauty selected



Vancouver beauty Katya Virshilas, who runs a dance studio, has been chosen as one of 16 professional dancers on Strictly Come Dancing, the United Kingdom's version of Dancing With The Stars. Her partner will be revealed tomorrow.

Bill 'disappointing'

Nova Scotia spared full wrath of hurricane

KRISTEN LIPSCOMBE
Metro Canada



Bill blew through Nova Scotia yesterday, but was more of a bust than a blast, slowing to a Category 1 hurricane by the time he brushed by the province.

Between 50 and 60 millimetres of rain fell over Halifax, with winds of up to 87 kilometres per hour also whistling through this part of the province, according to the program supervisor for the Canadian Hurricane Centre.

"Half of the rain with the storm evaporated, which was a Godsend," Peter Bowyer said late yesterday.

Late last week, Bowyer's team was predicting hurri-

Bill nothing compared to Juan

• Bill definitely ain't no one, er, no Juan. Peter Bowyer, program supervisor for the Canadian Hurricane Centre in Dartmouth said there's "no com-

parison at all" between hurricane Juan, which hit Halifax and the rest of the province hard in late September of 2003.

cane Bill had the potential to become a "strong Category 2; marginal Category 3" storm, bringing to Nova Scotia gusts of at least 120 kilometres per hour, along with more than 100 millimetres of rain within 12 hours.

But Bowyer said Bill was still a "solid Category 1" hurricane yesterday, prompting tropical storm warnings for the province's Atlantic coast and at one point a hurricane watch for

Cape Breton.

He said the rainfall that rocked Nova Scotia yesterday, combined with whipping winds and dangerous waves, created "quite a fury out there."

But Patrick Aucoin, who walked along the Halifax waterfront during the storm, called hurricane Bill "disappointing."

"We were prepared for a lot worse," Aucoin said. "It didn't feel like a hurricane at all."



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A woman is suing a Chicago zoo for a 2008 fall near a dolphin exhibit, accusing zookeepers of encouraging the mammals to splash water and then failing to protect spectators from wet surfaces. **REUTERS**

World



60,000 run for Baltic Way anniversary

About 60,000 people took part in a two-day run to mark the 20th anniversary of a 600-kilometre human chain that showed Balts' wish to regain independence from the Soviet Union, organizers said. The run, which began in the Estonian capital Tallinn and Lithuanian capital Vilnius on Saturday, ended last night in the Latvian capital of Riga. The Baltic Way in 1989 was a peaceful protest in which more than one million people linked hands across the three Baltic states. **REUTERS**

News in brief

VENEZUELA Thousands of Venezuelans joined rival marches in Caracas Saturday over a controversial education law that critics say strengthens President Hugo Chavez's grip over schools and universities. Police fired tear gas when government opponents knocked over a fence marking the end of the authorized route. The new law, passed last week, allows community councils that are often pro-government a larger role in the operations of schools and universities.

AFGHANISTAN Afghan President Hamid Karzai's main challenger said yesterday he had evidence last week's election had been widely rigged by the incumbent and that he had lodged more than 100 complaints. Former foreign minister Abdullah Abdullah, whom polls gave a fighting chance of pushing the election to a second round in October, said he had evidence of widespread rigging. **REUTERS**

Thousands flee fires

A huge wildfire fanned by strong winds cut a swath of destruction near Athens, Greece, yesterday, burning houses, razing large patches of forest and sending thousands fleeing from their homes, authorities said.

Efforts to fight the blaze from the air were suspended as night fell and the fire raged unchecked for a third day, testing state resources and the conservative government, which is facing the threat of an early election by March.

"The constant shift in the wind's direction is rekindling the flames," said fire brigade spokesman Giannis Kapakis.

Authorities said the fire had retreated from Athens suburbs and was burning mainly forest land, but winds remained strong and the danger of a flare-up was

12,140

Hectares of forest, farm fields and olive groves burned in Greece's eastern Attica region alone.

constant. Earlier yesterday, local authorities used loudspeakers to urge the 20,000 residents of the affluent Athens suburb Aghios Stefanos to leave as the flames approached.

Many people abandoned communities around Athens overnight, and some frantically tried to stop the flames reaching houses with garden hoses and tree branches.

"We are facing a great ordeal," said Prime Minister Costas Karamanlis, who took a helicopter tour of the afflicted area. "The fire department is making a super-

human effort." The handling of the fire, the country's biggest since its worst wildfires in living memory killed 65 people over 10 days in 2007, will be crucial for his political fate.

His government is clinging to a one-seat majority and the socialist opposition, ahead in opinion polls, has made clear it will use a March parliamentary vote to force a snap election.

"Nobody has learned anything from the big fires of 2007," far-right LAOS party leader George Karatzaferis told reporters. "It is a huge disaster and co-ordination was not the best."

The Greek weather service warned that winds hindering fire-fighting efforts were not expected to abate before tonight. Police and witnesses said scores of homes were heavily damaged. **REUTERS**

India Ramadan begins



Muslims break their fast on the first day of Ramadan at the Jama Masjid (Grand Mosque) in Delhi yesterday. Muslims around the world abstain from eating, drinking and sexual relations from sunrise to sunset during Ramadan, the holiest month in the Islamic calendar.

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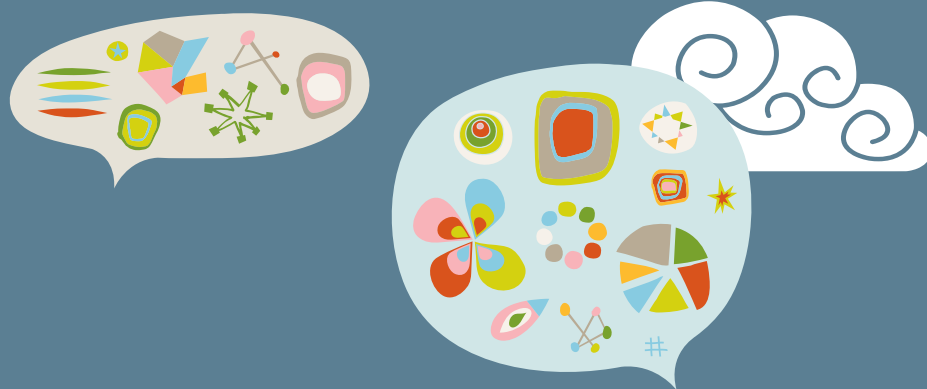
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Comment & Views

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Comment

Classy first-day outfits

HineSight

Anne Hines

metronews.ca/hinesight

Aug. 24. Across the land begins an annual event of monumental proportions, stretching back almost to the dawn of time. Schoolgirls are choosing their outfit for the first day of class.

Frankly, it's ridiculous that some girls spend their last weeks of summer deciding on one outfit. They should have started earlier. Any girl from Grade 1 to college knows: What you wear the first day of school will determine who you are and how people view you for the entire year to come. Maybe it's the same for boys. But in my experience, a boy's idea of a perfect outfit is "whatever I

can find on my bedroom floor that doesn't yet smell."

Growing up, I always struggled with what to wear that first day. I blame this on Barbie. Forget the unobtainable body image Barbie presents. I wanted her unobtainable wardrobe.

Dressing Barbie convinced me that the perfect outfit for any occasion was a designer tennis dress, red high heels and a French pooodle.



SunnySide

My parents insisted that real life wasn't like this but I didn't buy it. I knew my future would be spent sashaying to the grocery store or to my job as an astronaut wearing a sparkly pink ball gown.

My parents would never let me have a Ken doll. I suspect they worried that I might allow Barbie and Ken to engage in acts of unspeakable intimacy. Instead, I was allowed as many Barbies as I wanted. Given that I turned out gay, I've often wondered if they ever regretted this particular parenting choice.

Bottom line though, Barbie's manufacturers should be held responsible for instilling unrealistic fashion expectations in impressionable young

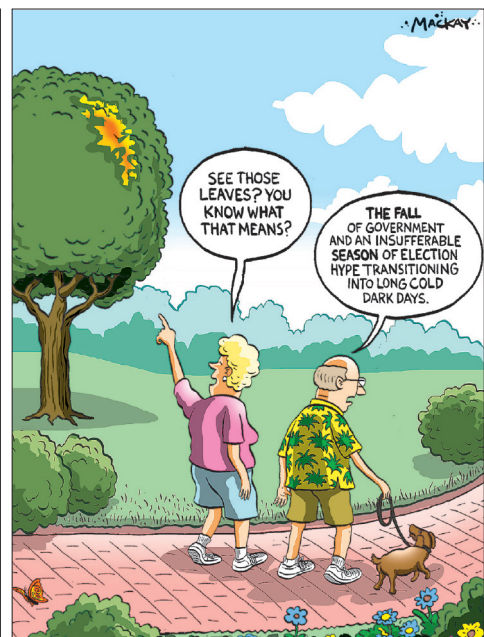
girls. They should be forced to make half of Barbie's skirts so she can't get into them any more, shoes with last year's heels, and sweaters she borrowed from her brother.

In a few weeks I'll start school again, continuing to train as a United Church minister. Once again, I'll have to come up with a first day outfit, though, frankly, when you're both a university student and clergy, no one sets the fashion bar very high.

But for all you other schoolgirls out there, let the mall plundering begin. On with the day-long conferences with friends, the online checking to see what Lindsay and Miley are wearing. And may that first-day outfit be all you ever dreamed of.

Me? I'll be satisfied when I've shopped for groceries in a pink ball gown.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Worth mentioning

Video games linked to depression, study finds

Video games might be regarded as an obsession for youngsters, but in fact, the average player is aged 35, often overweight, introverted and may be depressed, according to a U.S. study.

Researchers from the Centers for Disease Control and Prevention looked at the behaviour of 552 adults aged between 19 and 90 from the Seattle-Tacoma area.

They found 249 of these, or around 45 per cent, were video game players, with men accounting for 56 per cent of these.

The researchers found that the men who played video games weighed more

and used the Internet more than other men.

Women who played video games reported greater levels of depression

and poorer overall health than non-gamers with researcher James Weaver and his colleagues suggesting video gaming for adults may be a form of "digital self-medication."

They said women in particular may immerse themselves in brain-engaging digital environments as a means of self-distraction.

"In short, they literally 'take their minds off' their worries while playing a video game," the researchers said in a statement.

REUTERS

Views

Bridge projects dividing some residents

InTransit

Adrienne Beattie

metronews.ca/intransit

This year's \$630-million transportation budget is being used for new interchanges, road widenings, LRT extensions, intersection improvements, bridge expansions and a couple of pedestrian bridges. Most of these projects are trucking along in cruise control, with one exception — the hotly contested pedestrian bridges.

Two gateway pedestrian bridges are in the works to cross the Bow River — the design and construction of the Peace Bridge west of

Prince's Island Park, and the design of another at the west end of St. Patrick's Island. There is \$25 million earmarked for both, less than four per cent of the total transportation budget — too much according to many.

Comments to online news stories about the bridges have been colourful and passionate.

Why, though, does the continued paving of our city in support of the single occupancy vehicle go unchecked? This year alone, we're extending 96 Avenue N.E., widening 52 Street S.E., closing Rocky Ridge Road, twinning the Graves Bridge, upgrading 16 Avenue North, widening Shaganappi Trail, widening Beddington Trail, widening Country Hills Boulevard and constructing an interchange at Metis Trail and 64 Avenue N.E.

That list does not include ongoing road maintenance costs, gravel removal in the spring, snow removal in the winter and a perennial list of other road-associated costs. Of these expenditures, the only one that inspires public response is snow removal — the budget for this should apparently become limitless after a snowfall to ensure every side street in the city is bare.

Projected growth indicates the gateway bridges could see traffic of almost 5,000 people per day. The bridges are longer and wider than typical pedestrian bridges, allowing them to accommodate increased traffic, meaning they actually work out to be half the cost per person of a typical pedestrian overpass bridge. When compared to similar projects in North America,

the costs for our bridges are in line or below others.

Expecting that providing context and justification for the bridges will pacify naysayers is like expecting a guard dog to stop barking when the doorbell rings because you ask him nicely. Fido, no comprende.

The reflex negative reaction these bridges have received relates back to similar responses to projects like curbside recycling — as a city we're not willing to talk about or invest in sustainability. This kind of thinking will bury us.

While public debate is healthy, continually targeting certain kinds of projects is not.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.

Social support

• Adult video gamers of both sexes relied more on the Internet for social support than non-gamers, which supports prior research suggesting that adult video game players may "sacrifice real-world social activities to play video games."

They found 249 of these, or around 45 per cent, were video game players, with men accounting for 56 per cent of these.

REUTERS

Metro Online Poll Results

6% SAID YES

Should the terminally ill Lockerbie bomber have been released on compassionate grounds?

94% SAID NO

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Keep your home cool this summer by using window coverings and a couple of fans instead of air conditioning, says the Conservation Council of Ontario. Open windows and run fans at night when it's cooler outside. Shut and curtain most windows during the day. **METRO NEWS SERVICES**

Going Green

\$50 voucher for microwaves

Panasonic will be testing a free microwave recycling program in Toronto over the long weekend that, if successful, may become a bigger cross-Canada initiative. Owners can drop off any brand of old microwave at 23 Future Shops and get a coupon for up to \$50 to buy a more energy-efficient model. **METRO NEWS SERVICE**

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Preserve green spaces for people

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

Last weekend we took a walk in a park run by the local conservation authority. It was a beautiful summer day and we saw trees and wildflowers and birds of all descriptions and people; many, many people.

We had always thought that the conservation authority set aside land for parks, for the land's sake. For the sake of letting trees

and wildflowers grow which then provide habitat for birds and other animals (depending on the size of the park). However, it was brought home to us last weekend that the primary beneficiaries of the park are the people.

There was a huge diversity of age and ethnic backgrounds among the park's patrons. On the paths there were families like ourselves, some pushing strollers, some on bicycles ranging from racing bikes to tricycles. There were buff bodies whizzing by on roller blades, people walking dogs from huge hairy hounds to little lap dogs travelling in purs-

es and (yes) in doggie strollers. There were older people walking briskly, strolling along or being pushed in wheelchairs.

The picnic areas were also full of life. There were

people taking a break from their bike rides to enjoy a bottle of water and huge multigenera-

tion-

families with cloth tables spread on the picnic tables, who had set up hammocks and canopies and tents where some folks lounged while others prepared huge meals on charcoal barbecues. Kids wove in and out chasing balls and dogs and each other. The food prepared ranged from sandwiches, to hamburgers and hot dogs, to exotic-smelling kebabs and other delicacies depending on the tastes of the picnickers.

Sometimes the preservation of the environment seems like an abstract idea. Saving habitat we have never seen to protect animals we have never seen; curtailing chemicals that we can't see. However, the observation of the activities in the park show that pre-

serving green spaces directly benefits us all.

In Canada we are lucky enough to have unspoiled green spaces that are open to all and we as a society love them and take full advantage of them. While some people, depending on their income level and where they live, can enjoy a day outside in their own yards, others do not have that luxury. This is where parks come in. Preserving these parks is crucial to the health and wellbeing of those who depend on them for their days outdoors.

Picnicking under a tree on a beautiful summer day should be a right for all humans.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.



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AN OPEN LETTER FROM MICHAEL H. McCAIN,
PRESIDENT & CEO, MAPLE LEAF FOODS INC.

MAPLE LEAF FOODS



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A handwritten signature in black ink, appearing to be "M. McCain", with a long, sweeping horizontal line extending to the right.

Michael H. McCain
President and CEO

14 going green

Filling dishwasher, air-drying dishes can conserve energy

Pitch-In Canada suggests always washing a full load of dishes in the dishwasher and, if your dishwasher has it, allowing the dishes to air-dry on the "energy-saver" setting, according to Future Friendly (futurefriendlybrands.ca). METRO NEWS SERVICES

Tips for summer entertaining

ENTERTAINING Canadians are trying to simultaneously beat the recession and global warming in their own way — even from the comfort of their backyard barbecue bashes.

Edith Jakobs, the owner of Toronto-based Opulence Catering, has noticed a shift in her clients' preferences this summer. Serving much of Ontario's Cottage Country, where evening brunches and outdoor soirees abound, Jakobs has seen her clients make a concerted move toward what's best for the environment.

"As the summer months heat up, my office is flooded with phone calls to cater and style outdoor

Eco-entertaining

- Visit a farmers market for fruits and vegetables. Locally grown produce has a lower carbon footprint because it hasn't travelled over a great distance, which also means it's the freshest. Try making white wine sangria and throw in some seasonal, local fruit.
- By choosing wine from a local vineyard, you are lowering

shipping emissions. Also, consider purchasing your wine in a Tetra Pak carton, which can be reprocessed into tissue and can be shipped more easily.

- Decorate with wildflowers that are grown locally and in season.
- Use your own dishes and wash them with biodegradable soap.

parties," said Jakobs.

"However, this summer my clients are much more concerned about making their events environmentally friendly without hurting their pocket-book."

Jakobs says simplicity is her number one principle for eco-entertaining, and adds there are many ways to throw an environmentally conscious party with ease and style.

NEWS CANADA

Net-zero buildings save on energy use

Home construction is turning "green" at such a rapid pace, it is expected that very soon, you will be able to build a house to be so energy efficient there will be no need to tap the public supply. In mathematical terms: the energy a home is able to generate, subtract the energy required by the occupants, would be zero.

"Three main elements must co-exist for it to work cost-efficiently," says Todd Blyth at Nudura, a manufacturer of advanced concrete wall forms.

"Those components are: the ability to generate a constant energy supply; a building envelope with maximum strength and insulation; and an inside operation with reduced energy usage.

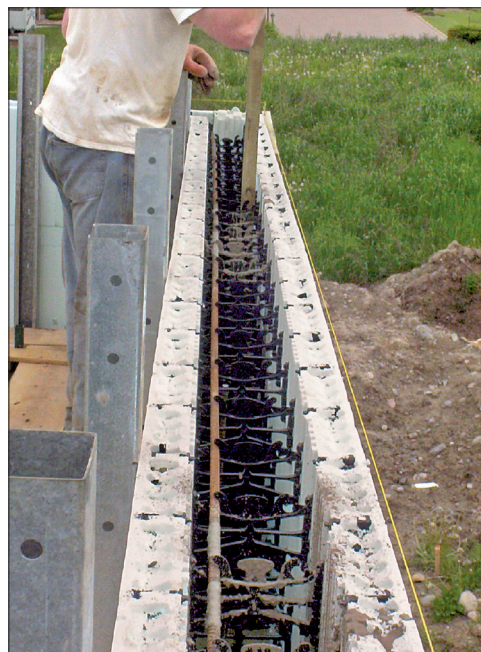
"If, at the outset, energy-impact decisions are made carefully regarding the walls, windows, roofing, ventilation and indoor climate control, you are well on your way to completely offsetting energy consumption. Once the building is erected, it's a matter of smaller incremental decisions that add into the energy savings."

This vision is already a reality. In 2010, the first "net-zero" school building will open in the United States, where it will not only showcase an important Canadian design element, this building will also push the efficiency benchmarks beyond all expectations.

- A roof designed with solar panels and electricity grid.

- Geothermal heating and cooling for environmentally responsible efficiency.

- Walls of concrete. The Nudura system is comprised of stay-in-place, pre-assembled blocks, steel re-



The Nudura wall construction system, shown above, is one product that can be used to create an energy-efficient building.

"Once the building is erected, it's a matter of smaller incremental decisions that add into the energy savings."

Todd Blyth, Nudura

inforced, and then filled with concrete. It replaces traditional building methods.

The durability and energy efficiency of concrete has shown to reduce energy costs up to 70 per cent. Better still, the entire structure (nudura.com) is reported to be up to nine times stronger, with far more fire protection and with far more sound insulation.

- Ventilation includes a CO2 monitoring system to keep good air quality indoors and allow no more outdoor air than necessary.

- Positioning is north-south allowing for effective day lighting (without glare) so that lighting can be off during 70 per cent of school hours.

- Computers are wireless. Five carts, each loaded with 30 laptops save energy, wiring and construction of a computer lab. Laptops use a fraction of the energy used to run a typical desktop computer.

- Kitchen staff is trained in energy-efficient food preparation. Typically, kitchens account for 25 per cent of a school's energy drain.

NEWS CANADA

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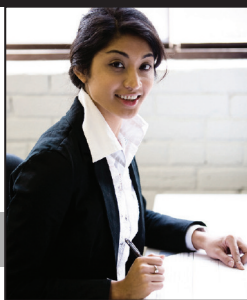
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Sears shares could plummet amid cost cuts, magazine warns

Sears Holdings Corp. shares could fall 50 per cent after extreme cost-cutting depleted the retailer's ability to generate cash flow necessary to win back market share from Wal-Mart Stores Inc. and other rivals, Barron's said in its Aug. 24 edition. **METRO NEWS SERVICES**

15

Business



Chrysler rolls out 'clunker' plan

Chrysler Canada says it is offering the country's most aggressive cash-for-clunker plan with incentives of up to \$1,500, days after Hyundai Auto Canada introduced the first program. The company is offering an incentive of an extra \$500 to \$1,500 if Canadians scrap their old auto and buy a new Chrysler model, on top of the \$300 the government has pledged.

TORSTAR NEWS SERVICE

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Selling outside the box

Guerrilla marketing can create buzz — or backfire

Guerrilla marketing: Legitimate advertising strategy or just more annoying graffiti? That depends on how it's done — and whom you ask.

It's becoming a bigger issue, especially for cities, as more brands revert to street-level tactics to reach the tuned-out consumer, especially in the summer when more of us are outside.

The messages may be edgy, entertaining or humorous. But civic officials say guerrilla marketing tactics can also be distracting and annoying. At times they can verge on vandalism.

A recent campaign by Ikea Canada went awry when a business owner in

Campaigns

- Talk radio station CFRB in Ontario and ad shop Zig paid street prostitutes earlier this year to hold signs reading "Should prostitution be legal?" to promote the station's focus on controversial topics.

- To promote the new Vespa S, Vespa Canada's ad agency commissioned life-size posters of humans with scooter-shaped heads and plunked them on a busy downtown Toronto corner.

Vancouver complained a team of "chalk painters" had sprayed his building with a message that linked

consumers to a campaign advertising Ikea's fall catalogue.

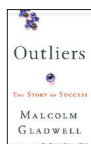
Ikea quickly moved to remove the offending message, not just from the Vancouver skateboard store but also from all 400 locations that had been targeted. "There was some miscommunication between the agency and ourselves in terms of what kind of spaces they should be putting that outline around," Ikea Canada spokeswoman Madeleine Lowenborg-Frick explained later.

"That being said, we underestimated people's reaction to something that would be perceived as graffiti." **TORSTAR NEWS SERVICE**

Gladwell examines makings of success

Outliers

Authors: Malcolm Gladwell
Publisher: Little Brown and Co.
Price: \$30.99



REVIEW Malcolm Gladwell, bestselling author of *The Tipping Point* and *Blink*, has returned with yet another

page turner filled with captivating social phenomena.

Discussing the outlying sample, a scientific term for describing "things or phenomena that lie outside normal experience," Gladwell examines the likes of Bill Clinton and the Beatles to understand how they have attained so much success.

One issue is how we look at success. Examining a tall tree and trying to know how it grew to such

heights yields little information.

Gladwell suggests shifting this approach to looking at the surrounding forest for the success factors. This suggests that those who surround the successful person are playing a major part in the person's ultimate achievements.

CRAIG LUND/
FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Business in brief

HOUSING A string of housing reports from the U.S. suggests the market there may be close to a bottom. Existing home sales increased for the fourth straight month in July, rising by

a solid 7.2 per cent from June and shattering market expectations of a 2.1 per cent bump, according to figures released by the National Association of Realtors. In a separate report

this week, U.S. homebuilder confidence rose to its highest level since June of last year, suggesting optimism that a recovery may be in the works.

TORSTAR NEWS SERVICE

Canada's banks may feel the pinch: Analysts

BANKS When Canadian banks trot out yet another set of healthy profits this week, it might be tempting to think of the industry as immune to the ravages of recession.

But just below the surface, the banks are likely to

start showing wear and tear, even as they cling to their well-earned reputation as the strongest survivors of the global financial meltdown. Loan losses are looming, analysts say, and as consequence, banking shares look heady.

Virtually no one sees Canada's banks rattling investors with big losses when they start reporting third-quarter earnings on Tuesday. Profits are likely to come in between 10 per cent and 16 per cent lower.

REUTERS

Dazed And Confused

Most Drivers Lost When Looking For The Lowest Car Insurance Rates

Why Is It So Hard To Find The Best Rates?

The truth is, it isn't as difficult as it seems once you know where to look. It pays to shop around — and car insurance is no different. But with so many insurance companies providing car insurance in Alberta, getting references and competitive quotes from everyone takes too much time, right? Wrong. This is where InsuranceHotline.com can help. InsuranceHotline.com offers an independent, unbiased rate comparison from over 20 insurance companies to find you the lowest rate for your profile. It is fast, safe and FREE.

Does It Really Pay To Shop Around?

Most consumers fail to realize that the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. The key to finding the best rate is to figure out which insurance company has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 20 insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance. And it is completely FREE to use. So what are you waiting for?

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Second baseman Eric Bruntlett turned an unassisted triple play to end the Philadelphia Phillies' 9-7 victory over the New York Mets yesterday. It was the 15th unassisted triple play in major league history and the second that ended a game. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA



Olympic team hits Calgary

Calgary will play host to Canada's best hockey talent starting today as national men's Olympic orientation camp kicks off at the Pengrowth Saddledome. Although practice sessions will be closed to the public, fans can still get tickets to Thursday night's Red-White scrimmage game at the 'Dome. For more on the camp, check out Laurence Heinen's Speaking Sports blog at metronews.ca/blogs



Toronto pitcher Ricky Romero throws against the Los Angeles Angels during the first inning of the Blue Jays' 8-3 win yesterday.

Jays take series from Angels

MLB RESULT

L.A. Angels 3 Toronto 8



BASEBALL Randy Ruiz recorded a three-run double and Travis Snider finished with three hits, including a solo homer, as the Toronto Blue Jays claimed an 8-3 win over the Los Angeles Angels of Anaheim in the finale of a

three-game set at Rogers Centre.

Marco Scutaro and Lyle Overbay each went 2-for-4 with an RBI and a run scored for Toronto, which took two of three in the series.

Ricky Romero (11-5) earned the win after working six effective innings. The young lefty allowed two runs on eight hits, walked two and struck out a pair. He was 1-2 with a 7.91 earned run average in four previous starts coming in. **METRO NEWS SERVICES**

Dementieva wins Rogers Cup final

Sharapova's bid for comeback falls short

Russian fourth seed Elena Dementieva picked up her third title of the year and denied compatriot Maria Sharapova a comeback win with a 6-4, 6-3 victory in the final of the Rogers Cup in Toronto yesterday.

Dementieva's victory was just the third in nine meetings against Sharapova, who was playing for a title for the first time since Amelia Island in April 2008 as she continued her return from shoulder surgery.

It is the 14th career title for Dementieva and comes with a good omen, the three past winners of the Toronto tournament going on to capture the U.S. Open. "I felt like Lleyton Hewitt today, I was fighting for every point, so many long rallies, it's not the game I like to play," Dementieva told reporters. "I was just

waiting for my chances and didn't rush.

"This kind of win gives you a lot of confidence, so right now it is all about recovery and getting ready for New York."

Working her way back to top form after nine months on the sidelines, Sharapova has made steady progress since she launched her comeback in May.

But the

three-time grand slam winner showed in an uneven final that her game still needs sharpening as she served up nine double faults to Dementieva in the opening set.

Despite her service woes, Sharapova heads to Flushing Meadows on an upbeat note. She is guaranteed to be seeded at the U.S. Open, moving up from her current 49th ranking into the top 32 by reaching the Toronto final.

"My mindset going into every single tournament is to be the champion and if you're not ready to do that and you're not ready to compete in six matches then I don't think you should be in the draw," said Sharapova. "With every tournament I've played in the summer I felt like was starting to play better and get a feel for the hardcourts.

"I've definitely improved over the weeks, with every match I felt like I stepped it up when I had and today I just came up a little short."



Elena Dementieva

REUTERS

Bolt just wants to party

TRACK Jamaican Usain Bolt shattered two world records and won three world championship gold medals in Berlin — now he is ready to hit the clubs and the beach.

"I am just trying to finish the season without injuries and then go on vacation, go clubbing, go to the beach, do all that fun stuff," said the laid-back 23-year-old.

"I just want to party. I've got to go out tonight. I haven't celebrated all week so I have to do something."

Bolt, who raced almost daily here and was the biggest crowd-puller, demolished the 100 and 200 metres world records and helped Jamaica win the 4x100 relay on Saturday.

"I am so tired, I am dying. I am just happy I ran around the track to give Asafa (Powell) the baton," he said.

Powell, a former world record holder who won bronze in the 100, said despite an injury he came out to race knowing a tired Bolt would not be able to do it alone.

"I thought they needed my help," Powell said. "Usain alone could not help them so I came out here on the track very early this morning to really feel how the leg felt and it felt OK so I decided to run."

Jamaica's men and women won every individual and relay sprinting gold medal in Berlin, except the women's 200 title.



Usain Bolt

REUTERS

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Sports in brief

PGA Ryan Moore birdied the third extra hole to win a three-way play-off at the \$5.1 million Wyndham Championship yesterday. The former U.S. amateur champion clinched his first victory on the PGA Tour after carding a final-round 65.

FORMULA ONE Brazilian Rubens Barrichello ended five

years of frustration yesterday with an emotional victory for championship leaders Brawn GP in the European Grand Prix. Barrichello beat McLaren's world champion Lewis Hamilton by 2.3 seconds.

TENNIS World No. 1 Roger Federer warmed up for the defence of his U.S. Open title in perfect fashion as he beat

fourth seed Novak Djokovic 6-1 7-5 to win the Cincinnati Masters yesterday.

BASEBALL Canada fell to 0-2 at the Little League World Series after getting thumped 8-0 by Taiwan yesterday. Wen Hua Sung and Hung Yuan Lin each homered and three pitchers combined on a two-hitter.

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Nationals claim MLL championship

Shawn Williams scored twice in the fourth quarter as the Toronto Nationals won their first ever Major League Lacrosse championship 10-9 yesterday against the Denver Outlaws. **METRO NEWS SERVICES**

sports **17**

Interim tag still burdens Stephen Hart

It's Called Football



Ben Rycroft
metronews.ca/itscalledfootball

Think back to the Nagano Olympics — the one where Canada bombed out of the men's hockey competition.

Days after the fact reports were being commissioned to figure out what had happened to Canadian hockey.

Not a moment was wasted trying to figure out what went wrong.

Now flash forward to just over a year ago. The men's national soccer team, attempting to qualify for the World Cup for the first time since 1986, tied a Jamaican squad 1-1 in Toronto. It wasn't their elimination, but it was certainly their undoing.

Once Canada was eliminated from qualifying, there was no swift action, no reports commissioned. A few commentators offered critical observations and questioned then-head coach Dale Mitchell's abilities. But even the inspired mob, with their torches lit, could not force the Canadian Soccer Association into action.

This laissez-faire attitude continues on the part of the CSA.

After Dale Mitchell's eventual dismissal, CSA technical di-

rector Stephen Hart was appointed interim head coach.

He's well-liked by the players, has shown an understanding of the tactics needed to win in CONCACAF and achieved results.

But a month after the decent Gold Cup run headed by Hart, the CSA hasn't bothered to remove the interim tag. And when I caught up with Hart on Friday, to ask him how players like Dwayne De Rosario and Adrian Serioux might factor into the national side in the years ahead, he didn't sound like a man counting on getting the job full-time.

"That's hard to say as I'm not the national coach — just an interim. Any coach coming in will wipe the slate clean," Hart said.

And he certainly didn't sound confident when I asked him about any upcoming friendlies.

"Any coach coming in is going to ask for a lot of international games on FIFA dates. They will want opposition against CONCACAF opponents so they can get used to that environment. They'll need quite a bit of games. But as I said, I'm just the interim head coach."

Hart admitted he has not had any formal discussions with the CSA about the full-time position. But I've since learned that the CSA board will meet next month — at which time they will discuss Stephen Hart's future.

For those in favour of removing the interim tag, it might be time to join the mob and re-light the torches.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Stephen Hart

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY

Toronto 8 L.A. Angels 3
Baltimore 5 Chicago White Sox 4
Cleveland 6 Seattle 1
Minnesota 10 Kansas City 3
Oakland 9 Detroit 4
Texas 4 Tampa Bay 0
N.Y. Yankees 8 Boston 4

TODAY

Tampa Bay at Toronto
Chicago White Sox at Boston
Baltimore at Minnesota
Cleveland at Kansas City
Detroit at L.A. Angels
Oakland at Seattle

TOMORROW

Tampa Bay at Toronto
Texas at N.Y. Yankees

NATIONAL LEAGUE

YESTERDAY

Arizona 7 Houston 5
Atlanta 7 Florida 5
Chicago Cubs 3 L.A. Dodgers 1
Cincinnati 4 Pittsburgh 1
Colorado 4 San Francisco 2
Philadelphia 9 N.Y. Mets 7
St. Louis 5 San Diego 2
Washington 8 Milwaukee 3

TODAY

Philadelphia at N.Y. Mets
Milwaukee at Washington
San Francisco at Colorado

TOMORROW

Philadelphia at Pittsburgh
N.Y. Mets at Florida
San Diego at Atlanta
Cincinnati at Milwaukee
Washington at Chicago Cubs
Houston at St. Louis
L.A. Dodgers at Colorado
Arizona at San Francisco

CFL

WEEK 8

FRIDAY

Montreal 34 Saskatchewan 25
Winnipeg 37 B.C. 10

WEEK 9

FRIDAY

CALGARY at Toronto

SATURDAY

Hamilton at Edmonton

Surprising Spurs still atop Premier League

SOCCER Tottenham Hotspur maintained their perfect start to the season when they came from behind to win 2-1 at West Ham United and stay top of the English Premier League yesterday.

Spurs were joined on nine points by Chelsea who also won their third successive league match with a 2-0 victory at near-neighbours Fulham, while promoted Burnley followed up their

shock 1-0 win over champions Manchester United on Wednesday with another 1-0 victory over Everton, who finished fifth last season.

Spurs have made their best start to a season since 1960-61 when they won their first 11 league matches and went on to win the FA Cup and League double.

Their success at Upton Park came courtesy of two mistakes by West Ham who

gifted goals to ex-Hammer Jermain Defoe and Aaron Lennon after Carlton Cole had given West Ham the lead in an exciting, open London derby.

Spurs manager Harry Redknapp refused to compare the current side to the 1961 team, but told reporters: "I was delighted with the performance, we showed a lot of character after going behind."

"We've got the smallest forward line in the world with Jermain Defoe, Robbie Keane and Luka Modric but we'll go for it."

The Hammers went ahead just after the break when Cole, in front of watching England manager Fabio Capello, scored a blistering goal with a shot on the turn which the Spurs keeper had no chance of saving.

REUTERS

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The Convention of Atlantic Baptist Churches approved the name change for Atlantic Baptist University to Crandall University recently. The main reason for the name change is to expand the school's mission by overcoming perceptual obstacles resulting from a denominationally specific name. **METRO NEWS SERVICES**

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONWS.CA

Passion for wild weather

Be it storms or volcanoes, George Kourounis is there

OddJobs

Diane Peters

metronews.ca/oddjobs



The Lowdown

Job title: Storm chaser

Salary: It's hard to make a living; he does thanks to the TV show and freelance work for news agencies

Education: You have to teach yourself about meteorology and storms

Best part of the job: "Living my dream and seeing nature put on the most incredible displays."

Worst part of the job: "Sitting on planes and the jet lag. Bad food and bad hotels."

When Hurricane Bill hit Atlantic Canada

this weekend, most of us avoided the region and watched the rain, if at all possible, on TV.

Not George Kourounis. The 39-year-old Torontonian was in the eye of the storm.

As Canada's only storm chaser who's been able to make a living off the job, Kourounis tries to be at the centre of action for as many hurricanes, tornadoes and volcanic eruptions as he possibly can.

He grew up, however, with quite a different career path planned. A musician as a teen in Hull, Que., Kourounis came to Toronto to study audio engineer-

ing at Trebas Institute.

He did well as an engineer and eventually managed a large sound studio in downtown Toronto that did work for film and TV.

"It was very long hours and dealing with stressed-out clients," he recalls. Kourounis needed a way to chill. In 1998, he heard about a company taking people down to the U.S. for two weeks of chasing tornadoes. "Well, this is pretty cool. I'm stressed out at work, I want to go and try this," he thought.

The trip got Kourounis totally hooked, so he set to



As Canada's only storm chaser who's been able to make a living off the job, George Kourounis tries to be at the centre of action for as many storms and volcanic eruptions as he possibly can.

learning everything he could — through books, the Internet and taking to experts — about storms.

He got extra time off work and spent his vacations trailing hurricanes and tornadoes. He began taking the entire month of May off every year: That's tornado season. He also began visiting erupting volcanoes.

"I got known as the guy who was always in the right place at the wrong time," says Kourounis, who became a pro at reading the sky and knowing just where a storm will hit. He took pictures and video footage of whatever he saw. Eventually, news organizations started calling and buying his stuff.

In 2006, a TV production company called. With them, he developed the show *Angry Planet* and sold it to the Outdoor Life Network. Thanks to this gig, he was able to quit his day job and chase storms professionally.

When he's not travelling, he's following storms via the web, planning trips and editing tape for his show. He also sometimes gets to see his wife, whom he married on the edge of an exploding volcano in the South Pacific.

"She's very understanding. She knows it's my passion."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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AMVIC LICENSED

Despite speculation, Anna Paquin is "not pregnant," her rep says. Blogs have been guessing the True Blood actress is expecting after she was spotted wearing a baggy dress in Beverly Hills on Wednesday. [USMAGAZINE.COM](#)

No baby for Paquin

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Comedian 'carries' Woodstock

Martin dishes on role in Ang Lee's film on concert

DOROTHY ROBINSON
for Metro Canada



Demetri Martin knows how to do many things. He knows how to tell a joke (as seen on his Comedy Central show Important Things with Demetri Martin). He knows how to play a guitar (if you've ever seen his stand-up, you know that he punctuates his droll one-liners with a well-played guitar). And Martin is smart (he's a Yale grad).

Perhaps the one thing Martin doesn't really know to do is how to carry a film, which leads to the question: Why did famed director Ang Lee tap him to

Movie feature

helm his new movie Taking Woodstock?

"It was all very unexpected," says the youthful Martin, who admits to not being a trained actor, while on a press junket in New York City. "I didn't know that this project existed or that Ang knew anything about me or what I do."

As it turned out, it was a teenaged fan with a slight crush on the comedian who tipped off the Oscar-winning director.

"James (Schamus, Lee's longtime collaborator) introduced me to him, because his teenaged daughter liked him and she got



Eugene Levy, left, and Demetri Martin star in Taking Woodstock.

him to watch clips on YouTube and thought he was very funny and cute," says Lee of Martin in slightly broken English. "I just believed the story would happen to him. And I liked the challenge, not necessarily of taking a comedian, but just of him, of him taking

us through the party." And as the history books prove, oh what a party it was. And it's up to Martin, as the meek Elliot Teichberg who just happens to volunteer his family's motel to be the home base for the three-day concert, to carry the viewer through the life-

changing bash.

"Ang reminded me of that sometimes — 'You are carrying this film,'" laughs Martin. "This 'carry' verb kept coming up. And I'm like, 'What's this carrying business?' I started to understand when we started the shoot because I worked every day. You're this constant figure."

In the end, does Martin pull that "carry" verb off? During our interview, he seemed unsure, but he did say he got through it by "putting all of my faith in Ang."

"I kept thinking of the Karate Kid because he was like this sensei who was like, 'Do this with your arms.' And you're like, 'Okay, so what does that do?'" he recounts. "I just tried to be a student this whole time and follow their

No drugs please

Although Martin portrays a man enjoying his first LSD experience, in real life, he stays away from the stuff.

"I have all of these food allergies," he says. "Any moral issues aside, I've avoided most drugs because I'm so afraid I'll have an allergic reaction. It'll be like, 'I'm at some party and someone will be like, 'Hey man, try this.' And I'll be like, 'Um, I gotta go, I'm breaking out into hives.'"

lead and trust that they found someone to do what they wanted. I didn't come in saying, 'I figured out the character, and here's what I'm going to do. Ang.' It was more like, 'Okay, what do you want me to do? Walk faster? Okay!'"

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/24/09	267 351	- ACCESS	Alberta Primetime (Live)	Stargate Atlantis (DVS)	Gossip Girl (HDTV)	Law & Order: Criminal Intent	Two/Half Men	Gary Unmarr	Primetime	
	243 317	3 CFCN	etalk	Hollywood	CSI: Miami (HDTV)	Law & Order: Criminal Intent	Two/Half Men	Gary Unmarr	Primetime	
	-	4 OMNI	Two/Half Men	The Simpsons	Omni News: S. Asian Edition	The Simpsons	King	Metropia		
	-	371 5 KRLY	4 News at 6	4 News at 6:30	Jeopardy!	Dating in the Dark	Dating in the Dark (N)	Castle		
	245 306	6 CBRT	Coronation St.	Jeopardy!	Little Mosque	Comedy Fest.	Comedy Fest	The Hour		
	244 338	7 CICT	ET Canada	Entertainment	Brothers & Sisters	House (HDTV PA)	House (HDTV PA)	News Hour		
	246	- 8 CKAL	Law & Order: SVU	Murdoch Mysteries	Murdoch Mysteries	Dating in the Dark (N)	Dating in the Dark (N)	Your City		
	119 705	9 CBXFT	Des filettes	La Petite vie	Les Galas 2008 du Festival	Bons baisers de France (SC)	Bons baisers de France (SC)	TJ Alberta		
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	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Two/Half Men	Lie to Me "Undercover"	News	
	297 652	37 WPIX	Gossip Girl (HDTV)	PIX News at Ten Tong.	Anderson Cooper 360 (HDTV)	Two/Half Men	Friends	Sex and City	According-Jim	Frasier
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	508 502	31 CNN2	Jane Velez-Mitchell	SportsCentre (HDTV) (Live)	Week-Baseball	UFC Countdown	World Sport	WEC Wreckage (N)	E:60 (N)	Nancy Grace
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	294 650	40 WPCB	Mississippi Burning *** (1988, Drama)	Gene Hackman, Willem Dafoe.	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park	Dane Cook
	626 547	41 COM	Laughs	Comedy Now	Air Force	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park
	-	539 42 TCM	Les Miserables	(7-45) Dr. Jekyll and Mr. Hyde *** (1932, Horror)	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park	Dane Cook
	628 584	43 SPIKE	Star Wars: Episode I - The Phantom Menace ** (1999, Science Fiction)	Tank Overhaul	NCIS "In the Zone"	Tank Overhaul	Stargate SG-1 (DVS)	Star Trek: Next Gener.	Trek: Voyager	

critics'corner

CSI: Miami

It's not unusual for network executives to turn to reality television to deliver some killer ratings, but it's the real-life murder of a reality star that causes Horatio (David Caruso) and the CSI team to delve into the scandalous world of a TV dating show. Diedrich Bader, Kelly Overton, Adrienne Palicki and Jordan Belfi guest star in "Dead on Arrival." 8 PM on CFCN; 11 PM on KREM



Great American Road Trip

Temper flay during the last leg of the lengthy journey as the two last families make their way down the storied Route 66 on their way to the California coast, where only one clan will overcome the stress of the situation and claim the grand prize. 9 PM on KHC

Law & Order: Criminal Intent

When funding for his poetry journal is threatened to be cut egocentric poet Jacob Garrity (guest star Will Chase) asks his lover to try to change the mind of the foundation's president (guest star Sheldon Kunkle), but when the lover winds up dead, Nichols and Wheeler (Jeff Goldblum, Julianne Nicholson) discover the deadly passion behind the arts. Eric Bogosian also stars in "Passion." 10 PM on CFCN, KHC

Weekend box office

1 Inglourious Basterds:

\$37.6 million US

2 District 9:

\$18.1 million

3 G.I. Joe: The Rise of Cobra:

\$12.5 million

4 The Time Traveler's Wife:

\$10 million

5 Julie & Julia

\$9 million

6 Shorts:

\$6.6 million

7 G-Force:

\$4.2 million

8 Harry Potter:

\$3.5 million

9 The Ugly Truth:

\$2.9 million

10 Post Grad:

\$2.8 million REUTERS

Kenya'sStyle

Kenya Hunt

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Dolores O'Riordan is about to release her second solo album since splitting with the Cranberries.

O'Riordan has No Baggage

MAUREEN LITTLEJOHN
for Metro Canada



Dolores O'Riordan, the former singer of The Cranberries with the soaring, staccato voice, has released her second solo album since leaving the Irish supergroup in 2003.

No Baggage, written and co-produced by O'Riordan and Toronto-based Dan Brodbeck, is about the passage of her life, a topsy-turvy trip that she is only starting to come to terms with now.

"The title is tongue-in-cheek. You could say I used the CD to shed my baggage. But, really all those experiences and feelings are what makes us who we are," she says over the phone from her home in Ontario's cottage country. She and her family spend half the year living in "the forest" and the other half is in Dublin.

Shooting to stratospheric fame when she was 19 with the band's first album *Linger*, O'Riordan toured the world and sold more than 40 million albums. At 23 she married Don Burton, the Canadian tour manager for Duran Duran. The pace and pressure was tremendous, and O'Riordan's health suffered. After 13 years and five albums, she decided she'd had enough. She and Burton settled into domestic life with their children, Taylor, 11, Molly, 8, Dakota, 4 and Donny, Burton's 17-year-old son from a previous relationship.

"I couldn't stay away from the piano," the 37-year-old musician admits. Her first solo album, *Are*

New music

- Dolores O'Riordan's new album *No Baggage* is out tomorrow.



You Listening? was released in 2007 and a tour followed. "It was such a change after being at home for four years. I felt like two different people," she says.

On the cover of *No Baggage*, a white-clad O'Riordan perches on a stool in the middle of a frozen lake. The picture was taken on a whim in front of O'Riordan's Kawartha-area house. "It was minus 28, a friend took that shot. We didn't alter it at all," she says.

The album's reflective lead single, *The Journey* speaks of abandoning fears and grasping the moment. On *Fly Through*, an older, wiser O'Riordan looks back on her younger self and asks if she has found what she was searching for. "I think we're always searching for something that we won't feel until we finally leave the planet. That's inner peace," she says.

When she was named Honorary Patron of Trinity College's Philosophical Society earlier this year, O'Riordan played a few songs with her old bandmates. "It felt so natural," she says. Are there plans for a Cranberry reunion? "Oh, I will definitely play with them again," says O'Riordan.

In the meantime, she's going at her own pace and traveling light.

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Talk about a birthday present. Hills star Brody Jenner spent his 26th birthday in Los Angeles' Cedars-Sinai Medical Center having his appendix removed, a source tells usmagazine.com. **METRO NEWS SERVICES**

Happy birthday to Brody

Celebrity Buzz

LeAnn involved in hit-and-run?

BRUSH WITH THE LAW LAPD officers questioned LeAnn Rimes Thursday night about a misdemeanor hit and run, a police spokeswoman confirms to usmagazine.com.

The accident happened "between 7:30 and 7:45 p.m. in the West Los Angeles area," said Officer Norma Eisenman, who confirmed a report by the Los Angeles Times that Rimes was questioned at her home.

No other details — including if anyone was injured — are available. "It's an ongoing investigation," she added.

A rep for Rimes tells Us: "There was a routine police investigation into this incident, and a police report was filed. We are confident that this matter will be resolved shortly and LeAnn will be cleared."

METRO NEWS SERVICES



Miley all a-Twitter about co-star Liam

NEW FLING? It looks like Miley Cyrus and Liam Hemsworth are more than just friendly co-stars, people.com reports.

Last Wednesday, as Cyrus bid the Australian actor goodbye at the Nashville airport, the two kissed — and were "full-on making out," said Alex Emanuel, a New York actor who was

a few feet away from the couple and witnessed Cyrus, 16, act "as giddy as a schoolgirl."

Hemsworth jumped out of Cyrus's truck with his luggage and headed for the terminal doors when "she jumped into his arms and threw her arms around his neck and kissed him and leaned back and he

was dipping her," said Emanuel. "It was like a scene out of an old movie where the guy's getting on a train and they're saying their goodbyes."

The two actors recently wrapped the film *The Last Song* in Tybee, Ga., and attended the film's wrap party together on Aug. 16.

According to Cyrus' Twitter posts, she is maintaining her single status. "I do not have a boyfriend," she wrote.

But she's apparently been teaching Hemsworth

a thing or two about Southern eats. "@mommytish and @auntedi and I are introducing the aussie to cracker barrel!!! Yummyyy :)" Cyrus wrote about taking Hemsworth to the restaurant chain.

She also revealed they like to stay in and nosh in front of the TV. Her Aug. 14th tweet: "I kinda want to go see *The Time Traveler's Wife* but I think I'll just sit around and eat sushi and watch *Liar Liar* with Liam."

METRO NEWS SERVICES

Lindsay's L.A. home burgled

CLOSE CALL Lindsay Lohan arrived at her Hollywood Hills home Sunday to find her house apparently robbed, her mother, Dina Lohan, confirms to People.

"The safe was ripped out of the wall, and the door was off the hinges and door handles removed," Dina said. "Bags, shoes and jewelry were taken, too. Thank God she wasn't home."

METRO WORLD NEWS



Adam's fans behaving badly in concert

CROSSING THE LINE American Idol runner-up Adam Lambert's fans are getting more risqué with the gifts they toss on stage.

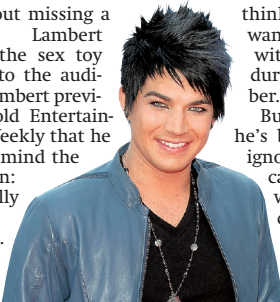
What started with bras and glow-in-the-dark handcuffs reached a new level recently when a fan in Hamilton, Ont., threw a dildo onstage during his performance of *Whole Lotta Love*, according to *Showbiz Spy*.

Without missing a beat, Lambert kicked the sex toy back into the audience. Lambert previously told *Entertainment Weekly* that he doesn't mind the attention: "It's really getting creative. It's exciting. I

think they really want me to play with these toys during the number."

But he admits he's been trying to ignore the gifts because he "didn't want to condone the behaviour."

METRO NEWS SERVICES



Fox to host SNL opener

NOT JUST A PRETTY FACE Saturday Night Live is kicking off its 35th season Sept. 26 with a head-turning host.

Transformers star Megan Fox will take on hosting duties for the first time, sources tell *Life & Style*.

"Megan is psyched to

have gotten this opportunity," a source told the magazine. "She has a lot of surprises in store for the audience. This is the perfect opportunity for her to show off her comedic skills."

METRO NEWS SERVICES



OPTIMAL OUTCOMES

Changing the Face of Oil Sands

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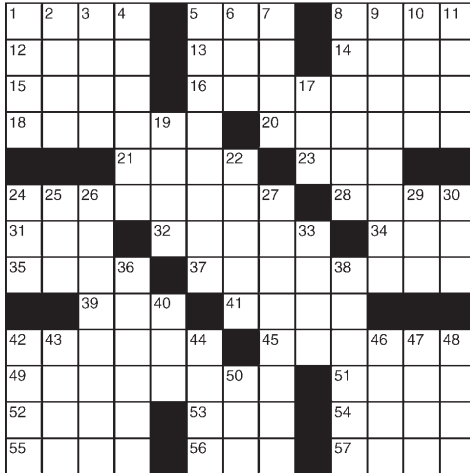


Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five



ACROSS

- 1 Relinquish
- 5 High tennis shot
- 8 Prickly heat symptom
- 12 Mimicry specialist
- 13 Rage
- 14 Pop flavour
- 15 Caboose's place
- 16 Erupt
- 18 Change the title
- 20 Groups of lions
- 21 Body powder
- 23 Slithery fish
- 24 Escape
- 28 Clarinet insert
- 31 Family
- 32 Blackbird type
- 34 Rowing need
- 35 Young
- Frankenstein role
- 37 Put your two cents in
- 39 — League

- 41 Use a teaspoon
- 42 — Sea, arm of the Mediterranean
- 45 Citrus fruit
- 49 Panic
- 51 Eccentric
- 52 Lower extremities
- 53 College transcript no.
- 54 Shrek is one
- 55 Bygone times
- 56 Bando of baseball
- 57 Troubles

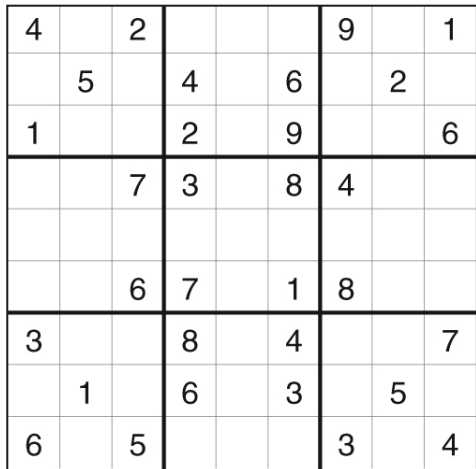
DOWN

- 1 Singer Vikki
- 2 Duel tool
- 3 University bigwig
- 4 Mistakes in print
- 5 Defamatory
- 6 Bobby of hockey
- 7 Road Runner's sound
- 8 More gross
- 9 "Bye"
- 10 Hint
- 11 Chapeau
- 17 Exist
- 19 Shark variety
- 22 Points
- 24 Go slaloming
- 25 Diary writer
- Anais
- 26 Train driver
- 27 Shun liquor
- 29 Water, in Paris
- 30 The 5,000 Fingers of —
- 33 Den
- 36 Fly a plane
- 38 City in Poland
- 40 Tibetan critter
- 42 Doubtful
- 43 Sandwich cookie
- 44 Eggy drinks
- 46 "Forget it," at NASA
- 47 Bullfight injury
- 48 — out (supplements)
- 50 — Lazy River

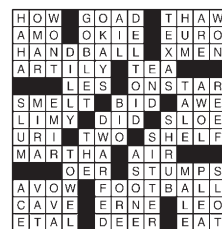
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

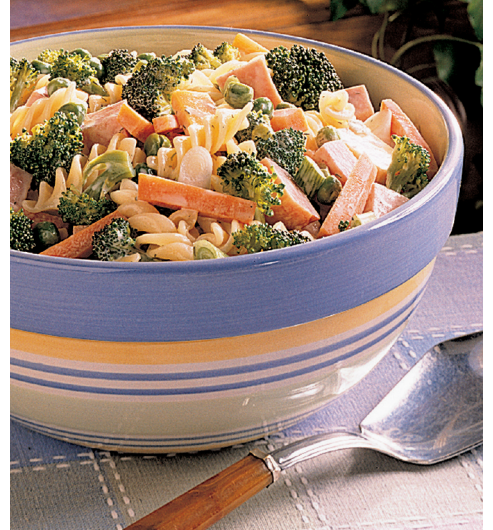


On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Vegetable Pasta Salad

INGREDIENTS:

- 2 cups (500 ml) broccoli florets
- 4 cups (1 l) cooked spiral pasta
- 2 medium carrots, julienned
- 1/2 cup (125 ml) frozen peas, thawed
- 1/2 cup (125 ml) cubed fully cooked ham
- 1/2 cup (125 ml) cubed cheddar cheese
- 1/3 cup sliced green onions

DRESSING:

- 3/4 cup (175 ml) mayonnaise
- 2 tbsp (25 ml) cider vinegar
- 1 tbsp (15 ml) Dijon mustard
- 1 garlic clove, minced
- 1 tsp (5 ml) dill weed

1/4 tsp (1 ml) pepper

METHOD:

1. Place 1 in. (2.5 cm) water in small pot; add broccoli. Bring to boil. Reduce heat; cover and simmer 2-3 minutes. Rinse in cold water and drain.
2. In large bowl, combine broccoli, pasta, carrots, peas, ham, cheese and onions. In another bowl, combine dressing ingredients. Pour over salad and toss to coat. Cover and refrigerate at least 1 hour.

SERVES 10

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20



If you have faith in who you are and what you do there's almost nothing you cannot accomplish this week. You're an Aries — you were born to succeed.

LIBRA
SEPT 23-OCT 23



The whole world may be against you, but if that little voice inside your head says you are doing the right thing then just keep on doing it.

TAURUS
APRIL 21-MAY 21



You should be full of life and raring to go this week, and if that does not describe you perfectly, don't worry, it will do very soon.

SCORPIO
OCT 24-NOV 22



The cosmic setup brings friendship to the fore and makes you want to visit places you've never been. Put them together and take a vacation with friends.

GEMINI
MAY 22-JUNE 21



The most important thing today is that you don't jump to conclusions, because there is a real possibility you could be wrong.

SAGITTARIUS
NOV 23-DEC 21



If something isn't working out the way you planned then you must face up to that fact and take remedial action. There is still time to turn things around.

CANCER
JUNE 22-JULY 22



If you start the day in a mad rush to get things done chances are you will end the day even further behind than when you started.

CAPRICORN
DEC 22-JAN 20



You desperately need a change of scene and with the sun now transiting the most adventurous area of your chart there are no excuses for staying put.

LEO
JULY 23-AUG 23



Some things are flexible, some are fixed, and you need to be able to tell them apart. That may not be easy this week, so keep your eyes and ears open.

AQUARIUS
JAN 21-FEB 18



Believe it or not your life is getting better by the day, the hour, even the minute, and what happens between now and the end of the week will prove it.

VIRGO
AUG 24-SEPT 22



Keep your thoughts and ideas simple today: If you complicate things you'll likely regret it later. Also, refuse to get involved in someone's personal issues.

PISCES
FEB 19-MARCH 20



There's a chance you'll take what someone tells you completely the wrong way, and the results could be embarrassing — so don't overreact.

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WORDY GURDY®
BY TRICKY RICKY KANE
1. Pallid "Daily Show" host Stewart (1)
2. Wonderland tart thief donated (1)
3. TV Dr. McGraw's biking mishaps (1)
4. Forcibly grab pests on dogs (1)
5. More frigid big rock (2)
6. Pony-riding Yankee's macaroni (2)
7. Most physically powerful for the most time (2)
ANSWERS: 1. PALE 2. KRAVE 3. PHILIP 4. SEIZE 5. FLEAS 6. COLDER 7. BOLTER 8. BOOLES 9. NOODLES 10. SEIZE 11. LONGEST
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